OPERATIONAL STRESS

Common Signs of Operational Stress

- Fatigue
- Shakiness, trembling
- Upset stomach, headaches
- Insomnia
- Anger, irritability
- Anxiety, fear
- Loss of confidence
- Poor concentration
- Alcohol abuse

What to Do?
Use Psychological First Aid

•Cover- Get safe, find a secure spot.

•Calm- De stress and chill out. Rest, relax, sleep. Eat, shower and engage in daily routines

•Connect -Talk with others! Speak about what is going on. Hang out with friends. Listen to others.

•Capacity- Cope in positive ways! Identify difficulties and barriers. Problem Solve. Understand the best you can.

•Confidence- Be optimistic and positive! Expect to be okay. Hope for the best. Feel assured of self.